

SCHOOL'S OUT PARENT HANDBOOK

Irving Summer Day Camp 2015 Insert

OPEN HOUSE

We hope you will plan to stop by our Summer Day Camp Open House on **Friday, May 22 from 5:30-6:30 p.m.** This will be a great opportunity to meet our staff, ask questions, and become familiar with our facility.

OUR SUMMER DAY CAMPS

Grades K-2

This program is for children who have completed grades K-2. We help day campers lifelong social skills by implementing character education into fun recreation activities every day at camp. Recreation activities are introduced to campers as means to living a healthy, happy life.

Grades 3-4

This program encourages young people to live a healthy lifestyle through fun recreation day camp activities with a special emphasis on making smart nutrition and activity choices. Every day at camp we promote maintaining a healthy balance of staying active while learning about food choices to help our bodies grow and develop so we can enjoy life to its fullest!

Grades 5-7

Our day camp designed specifically for youth who will be enrolled in middle school for the coming school year incorporates a variety of fun individual and group challenges with a focus on healthy living and positive youth development.

DAYS AND HOURS OF OPERATION

Irving Day Camp operates Monday-Friday from 7:00 a.m. to 6:00 p.m. (closed Memorial Day and Independence Day).

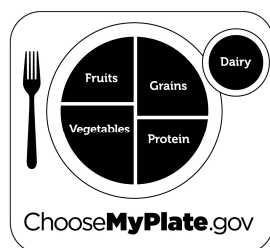
WEEKLY SCHEDULES

Weekly schedules will be available on our web page (parks.lincoln.ne.gov/irving) and at our service counter every Friday for the following week. Daily schedules are posted in the recreation center.



A focused program where youth grow

2010 Van Dorn (68502) | 402-441-7954 | parks.lincoln.ne.gov



MEALS AND SNACKS

Irving Day Camp schedules breakfast, morning snack, lunch, and afternoon snack. Snacks are provided and meet USDA nutrition guidelines. Campers bring their own breakfast and lunch that is permanently labeled with their first and last name. Please help your child be prepared to meet the physical demands of long, active, and fun days at camp by providing balanced meals that meet USDA

nutrition guidelines (refer to choosemyplate.gov for tips). Campers should bring meals in insulated containers with self contained cold packs. The center does not provide meal refrigeration or microwave use. If your child will not attend during the scheduled breakfast time or will eat breakfast before signing in to camp, a breakfast from home is not necessary.

VENDING MACHINE USE

Irving day campers are discouraged from bringing money to day camp; however, some families do choose to use vending machines to supplement meals from home. Vending machines are placed in the rec. center under a citywide contract and are neither owned nor operated by the center. While we have worked with the vendor in recent years to improve access to healthier vending options, our campers who bring money from home still face important real-world choices.

Each of our camps has a significant nutrition education component, we provide two nutritious snacks per day, and it is important to us that vending use also be in line with our FUNdamental Healthy Me program goals.

The following are Irving Rec. Center's guidelines for vending use by campers:

- Permission to use vending machines is implied when campers bring money from home.
- We allow purchases from vending machines during scheduled lunch times and at the end of the program day (after 4 p.m.). Only parents are allowed to make purchases for campers at any other time.
- Campers are encouraged to choose labeled "fit pick" items when they purchase snacks from vending machines.
- Campers are not allowed to use the vending machines at Irvingdale Pool during swimming outings.
- Staff document excessive snack purchases and follow up with parents.

HOT WEATHER PROCEDURES

Outdoor recreation activities are an important part of Irving Day Camp and campers will go outside when it is hot. Our staff exercises caution when

Irving FUNdamental Healthy Me Summer Day Camp 2015

facilitating outdoor activities on hot summer days and focuses on the prevention of heat-related illness by:

- teaching children to always drink plenty of fluids before and during any activity in hot, sunny weather—even if they aren't thirsty,
- avoiding heavy activity outdoors during the hottest hours of the day,
- teaching children to notify adults whenever they feel overheated, and
- insisting upon the use of sunscreen.

Our staff has also completed American Red Cross (or equivalent) First Aid training that includes preventing, recognizing, and properly responding to heat-related illness.

We know that high temperatures, combined with extremely high relative humidity levels, can make work and play outside dangerous for children and staff. Therefore, we substitute scheduled outdoor activities (except swimming) with indoor alternatives when the National Weather Service issues a Heat Advisory or Excessive Heat Warning.

SUN SAFETY

Please bring sunscreen and a water bottle from home that are each permanently labeled with your camper's first and last name. The American Academy of Pediatrics recommends a "broad-spectrum" sunscreen with a SPF (sun protection factor) of at least 15. A hat or cap with front facing brim is also suggested.

COLD/RAINY WEATHER SWIMMING GUIDELINES

Irving Day Camp will swim as scheduled except when:

- the outside temperature is 69°F or cooler at 11:00 a.m.;
- thunder and/or lightning are present; and/or,
- there is steady rain at 11:00 a.m.

Forecasted rain, intermittent light rain, or drizzle will not alone cause a swimming outing to be cancelled. Please always send swimming gear on scheduled swimming days!

CAMPERS WHO WALK OR BIKE HOME FROM CAMP

Campers who walk to and from camp will require special written permission to leave the premises without an escort. This form can be requested at the rec. center office.

SCREEN TIME

Health experts recommend children and families limit their "screen time" to fewer than 2 hours per day. Irving Day Camp is a TV-free zone and computer use is limited to an optional 15 minutes/child during morning and afternoon choice time (in addition to any regularly scheduled computer lab activities).

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Educational video may be occasionally incorporated into enrichment programming only for purposes that support specific program goals.

COMPUTER USE

Campers will have the option to sign up for 15 min. of computer/Internet use during morning and afternoon choice time. Our computer equipment filters Internet content and use of our computers is always monitored by staff. Please notify us in writing if you do not want your child to access the Internet during choice time.

WIRELESS INTERNET

Irving Recreation Center offers wireless Internet as a service to the public. Wireless Internet is filtered and use is not monitored. Parent/guardian permission to access the Internet is implied when campers bring personal handheld electronic devices with wireless Internet capabilities to camp.

LOST AND FOUND

Please check the Day Camp lost and found table located in the front hallway. Items remaining at closing time each Friday will be placed in storage. Any items left unclaimed at the end of the summer will be donated to a local charity.

YOUTH VOLUNTEERS

At Irving Recreation Center, we understand that young people benefit from having useful roles in the community and by providing service to others. We have a small group of youth volunteers who will serve under the training and direction of one of our AmeriCorps Members. Volunteers must have completed at least eighth grade and have completed an application and reference process to be considered. Their role is to assist Day Camp staff with daily operations. In turn they receive the developmental benefit of the experience and acquire important job skills along the way.

SWIM LESSONS (OPTIONAL)

This summer Irving Recreation Center day camps are teaming up again with our friends at Irvingdale Pool to offer a special opportunity for our campers. Children and youth enrolled in our day camp programs will have the option to take swim lessons at the special reduced rate of \$30 per session (that's 50% off the regular cost to the public!). All skill levels are accepted. Participants are escorted to and from the swimming pool and left under the supervision of pool staff during lessons. Registration forms are available from the rec. center office.

